

January 2026

Happy New Year, Everyone



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
				7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 9:30 Morning Stretching (CAF) 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	7:30 Walking with Leslie! (YAS) 11:00 First Friday Jazz 7:00 Shuffleboard Club! 7:00 Sage Card Club (CAF)	3:00 S2age Bible Study (INS)	
4	5	6	7	8	9	10	
4:00 Sage Card Club (CAF) 7:00 Shuffleboard Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 10:00 Monday Workout with April! 2:00 Afternoon Move and Groove Club (YAS) 5:30 Monday Meals 6:30 Pitch Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Jam Session (LOU) 11:00 What's Your Story? (INS) 12:30 Shuffleboard Club! 3:00 Custom Hearing Free Hearing Clinic (YAS) 6:30 Resident Movie Night (LOU)	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Mindfulness and Meditation (YAS) 2:00 Nickel Bingo 4:00 Sage Card Club (CAF) 6:30 Sage Writers Group	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 9:30 Morning Stretching (CAF) 1:00 Crafts & Conversations 4:00 Jam Session (CAF)	7:30 Walking with Leslie! (YAS) 11:00 Hyvee Run! 1:00 Board Game Cafe! 2:00 Afternoon Move and Groove Club (YAS) 7:00 Shuffleboard Club! 7:00 Sage Card Club (CAF)	3:00 S2age Bible Study (INS)	
11	12	13	14	15	16	17	
4:00 Sage Card Club (CAF) 7:00 Shuffleboard Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 10:00 Monday Workout with April! 2:00 Afternoon Move and Groove Club (YAS) 5:30 Monday Meals 6:30 Pitch Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 2:30 Sage Book Club (INS) 6:30 Resident Movie Night (LOU)	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Mindfulness and Meditation (YAS) 2:00 Nickel Bingo 4:00 Sage Card Club (CAF) 5:30 Sage Supper Club - The Eatery!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 9:30 Morning Stretching (CAF) 11:00 Sharing Our Pets 1:00 Crafts & Conversations 2:00 Meet and Greet Brad Woodruff, Tabitha Chaplain (INS) 4:00 Jam Session (CAF) 7:00 Community Meeting	7:30 Walking with Leslie! (YAS) 1:00 Dominoes, with Joaquin! 2:00 Afternoon Move and Groove Club (YAS) 7:00 Shuffleboard Club! 7:00 Sage Card Club (CAF)	3:00 S2age Bible Study (INS)	

Bold activity = Sign up mandatory

YAS = Yoga/Activities Studio, CAF = Cafe, INS = Innovation Studio, LOU = Lounge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
18	19	20	21	22	23	24	
4:00 Sage Card Club (CAF) 7:00 Shuffleboard Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 10:00 Monday Workout with April! 2:00 Afternoon Move and Groove Club (YAS) 5:30 Monday Meals 6:30 Pitch Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 6:30 Resident Movie Night (LOU)	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Mindfulness and Meditation (YAS) 2:00 Nickel Bingo 4:00 Sage Card Club (CAF) 6:30 Sage Writers Group (INS)	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 9:30 Morning Stretching (CAF) 11:00 Let's Make Borscht 1:00 Crafts & Conversations 1:00 Anne Walden, Sharing Quilts and Stories 4:00 Jam Session (CAF)	7:30 Walking with Leslie! (YAS) 11:00 Walmart Outing 2:00 Afternoon Move and Groove Club (YAS) 7:00 Shuffleboard Club! 7:00 Sage Card Club (CAF)	3:00 S2age Bible Study (INS) 5:00 Community Dinner	
25	26	27	28	29	30	31	
4:00 Sage Card Club (CAF) 7:00 Shuffleboard Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 10:00 Monday Workout with April! 2:00 Afternoon Move and Groove Club (YAS) 3:00 Margarita Monday 5:30 Monday Meals 6:30 Pitch Club!	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Jam Session (LOU) 12:30 Shuffleboard Club! 6:30 Resident Movie Night (LOU)	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 11:00 Mindfulness and Meditation (YAS) 11:30 Organized Space=More Productive Life with Wendy Trindle 2:00 Nickel Bingo 4:00 Sage Card Club (CAF)	7:30 Walking with Leslie! (YAS) 8:30 Chair Exercise TV! (YAS) 9:30 Morning Stretching (CAF) 11:00 Cornhole Competition 1:00 Crafts & Conversations 1:00 Craft: Learn to knit! 2:00 Sage Salon - Readings, Poetry and Inspiration (INS) 4:00 Jam Session (CAF)	7:30 Walking with Leslie! (YAS) 2:00 Afternoon Move and Groove Club (YAS) 7:00 Shuffleboard Club! 7:00 Sage Card Club (CAF)	11:00 Sage Give And/Or Take 3:00 S2age Bible Study (INS)	

Erin Glenn
 Life Enrichment Coordinator
 (402) 484-9808
 Erin.glenn@tabitha.org